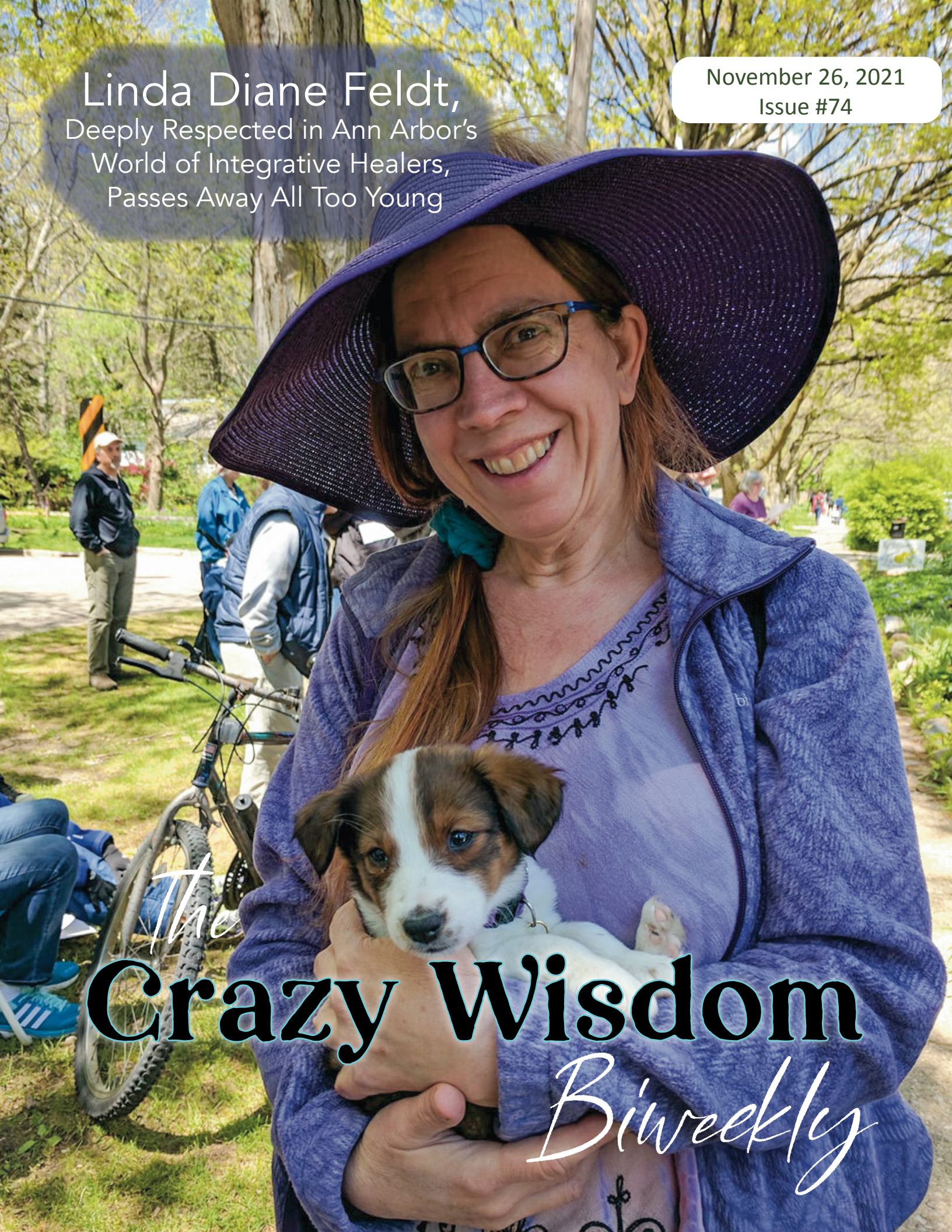

# Linda Diane Feldt,

## Deeply Respected in Ann Arbor's World of Integrative Healers, Passes Away All Too Young

November 26, 2021
Issue #74

# The Crazy Wisdom Biweekly

Published by *The Crazy Wisdom Community Journal*.

# The Crazy Wisdom Weekly

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Thank you to our contributors for this issue:

Liza Baker
Bobbie Kowalski
Dion Pittman
Sandor Slomovits
Michelle Wilbert
Jennifer Carson
Carol Karr
Bill Zirinsky

## Word of the Week:

**Halcyon**

A period of time in the past that was idyllically happy and peaceful.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From Our Archives

# How Do You Show Up in the Kitchen?

**By Liza Baker**

Many authors have written on the subject of what our relationships with food reveal about our relationships with others: Do we diet compulsively because food is the one small part of our lives over which we can exert total control when everything else seems to be spinning out of control? Do we binge on forbidden foods because we are playing out a desire to "be bad" when we spend our lives being responsible?

Even when our relationship with food is not troubled, when we fall in the range of what is considered "normal" eating behavior, how we come to the table often says a lot about how we show up in our daily lives – more about that on my blog in "How do you come to the table?"

These concepts may not be intuitive, but when we hear them, they do seem to make sense. But when I ask the question, "How do you show up in the kitchen?" in my coaching sessions and cooking classes, it generally draws blank stares or mutters of "as little as possible, too often, too hurriedly, like I don't have the time, like I don't want to be there…."

There are so many convenient and inexpensive options for prepared foods, we are awfully overscheduled, and many of us grew up without learning how to cook even the most basic of dishes. Add to that the vision of complicated, over-the-top cooking that arises from the food shows we follow obsessively, and "I just can't" becomes our knee-jerk response to "Why not cook and eat at home more often?"

A 2013 study by USDA indicates that:

> Food prepared away from home accounts for 32% of Americans' caloric intake and 41% of what we spend on food. Americans increased their away-from-home share of calories from 18% to 32% in the last three decades.
> Calorie intake rose over the last three decades from 1,875 calories per person per day to 2,002 calories per day.
> Food prepared away from home is higher in saturated fat, sodium, and cholesterol, and lower in dietary fiber than food prepared at home.

These statistics lurk behind the obesity crisis plaguing our country, but besides health, there are less obvious but equally important advantages to gathering around the kitchen table. Dr. Mark Hyman, writing for The Huffington Post in 2011, says:

> Children who have regular meals with their parents do better in every way, from better grades, to healthier relationships, to staying out of trouble. They are 42% less likely to drink, 50% less likely to smoke, and 66% less like to smoke marijuana.

Regular family dinners protect girls from bulimia, anorexia, and diet pills. Family dinners also reduce the incidence of childhood obesity. It seems like a no-brainer that regularly cooking and eating at home should be our goal, but how do we move past viewing cooking as an onerous chore to be grudgingly done three times a day?

What if we were to start thinking about cooking as a spiritual practice – going deep inside ourselves to connect to reconnect with the Universe at large?

Mindful cooking can begin with as simple a ritual as hand-washing or taking a few deep breaths, then moving on to sharpening a knife, setting out the ingredients and equipment you need, washing produce – all the while appreciating the look, smell, and feel of the ingredients and giving gratitude to those who grew, harvested, packed, shipped, and sold them for your use.

As you prepare the food, focus on the sounds and smells it makes, and when you finally serve it, eat just as mindfully, taking time to use all your senses.

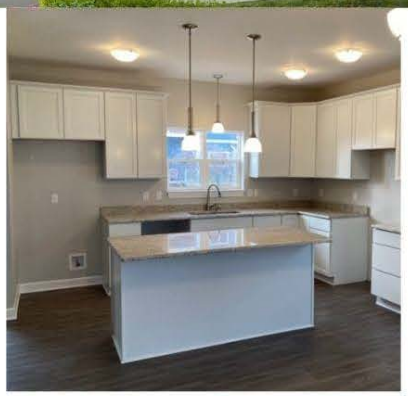
What happens as you practice mindful cooking and eating? You may find that you begin to tune in to the different vibrations of foods – the energy a food contains and transmits to you.

The field of food energetics claims that every food has heating or cooling, drying or moistening, expanding or contracting properties according to traditional Chinese medicine.

There is also a theory that a food's appearance gives clues as to what organs or bodily functions it supports: walnut halves look like a brain and contain high levels of the beneficial omega 3 fats that organ requires; examined closely, dark green leafy vegetables appear to have a network of veins on them and indeed are considered to support the circulatory system; kidney beans…. You get the idea.

**Read the rest of the article online!**

# TOUCHSTONE



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# LINDA DIANE FELDT, BELOVED ANN ARBOR HEALER, THE VERY EMBODIMENT OF CRAZY WISDOM IN THE COMMUNITY.

The death of Linda Diane Feldt, at 62, on November 17th came as a shock to Ann Arbor's holistic subcultures. There was an immediate outpouring on Facebook of heartsickness and grief, a sense of being stunned that someone so integral, so key, could be gone in a flash. For those who didn't know her, or never came across her, it is hard to put into words the depth and range of her presence and her impact. We have had a holistic alternative healer/genius in our midst, for decades, and we all knew she was special, but took for granted that she would always be here, so no need to pay extra special attention to her gifts, to her very existence in our community. Though, as she said often in recent times, take nothing for granted.

Linda's work life ranged from being a counselor at Ozone House in her youth, (where I first met her when she was 16), to becoming a massage therapist and cranio-sacral therapist, and an herbalist. She notably became a profoundly special healer for young babies and their moms, doing cranio-sacral work on newborns, and she was immensely gifted in that specialized endeavor. She had an exceptionally gifted touch—she was an "organ whisperer" who could feel around the organs of the body and know what was going on, at much deeper levels than could readily be surmised by doctors and lesser bodymind therapists. But she engaged in so many ways—teaching health classes at Rudolf Steiner, leading nature walks, serving on civic boards—always teaching, always humble, always tuned in.

She was highly committed to ethics and professional boundaries, and served for a time on the boards of the American Massage Therapy Association and the national organization for Polarity Therapists. She was also deeply committed to her lifelong relationship with the town of Ann Arbor, and she was active as a pedestrian advocate. She was dedicated to the People's Food Co-op, and served as the President of its Board. And she loved her dogs.

The smattering of comments we've captured in the next pages from Facebook can only give a glimpse of her good works, love, dedication, and her subtle knowing and wisdom. She was a partner of Crazy Wisdom for 40 years, leading a Contributions to Wisdom lecture series for 15 years, and then teaching Herbal Wisdom classes at the bookstore.

Her death, in the same month that we announced the closing of the bookstore, seems to be no mere coincidence. She was the very embodiment of Crazy Wisdom in the Ann Arbor community.

Bill Zirinsky – Co-owner of Crazy Wisdom (with Ruth Schekter)

# LINDA DIANE FELDT

## Beloved Ann Arbor Healer

**Richard Conto**
November 17 at 9:41 PM
My wife, Linda Diane Feldt, died tonight. I am heartbroken. I have the support of her friends that she shared with me and have become my friends, but I also have other people too - and some of them are here.

**Joanne Motino Bailey**
I'm very sad to say that Richard's beloved wife and my dear friend Linda Diane Feldt died this afternoon. Richard and I were with her for her last moments. We will certainly celebrate her life with friends and family in the near future. More to come on that. Linda Diane was quirky and weird and also profoundly loving, generous and gifted. As she said when I last saw her - 'take nothing for granted'.

**Charles Pippi Barbieri**
We were all so blessed to have her come into our lives and all of the blessings that she gave unconditionally...

**Abby Humphrey**
Oh no! This is a huge loss to the community. I referred (people) to her all the time and was so grateful for her gifts. She will be deeply missed.

**Deb Rhizal**
Lighting a candle in her honor and memory, so grateful for her care, example, love of so many things, dedication to righting wrongs things, and so much more.

**Jessica Kilbourn**
Aw, wow. I am sad to hear this. Sending my condolences to all whose lives she touched, which was many. Tenderness and care.

**Beth Q. Mount**
We are all so incredibly grateful for her light in the world. She taught us all so much. She will be fiercely missed.

**Beth Bailey Barbeau**
Linda Diane was indeed a mighty force and bright mind, and her extraordinary gifts will be sorely missed by mothers and babies far and wide.

**Rita Benn**
The loss of Linda Diane is too huge to comprehend. She was a such a healing pioneer, a tour de force of integrity, compassion and generosity. I am so grateful to have learned from her and worked with her. May her memory be a blessing.

**Laura Lea Staebler**
Linda Diane was an amazing person, brilliant, loving, kind. I am blessed to have known her and shared friendship together. Much love and comfort to you, Richard and to you, Joanne. Please give an extra hug to Aisling (her dog) also.

**Patricia F. Anderson**
Linda Diane said the same thing last week at the A2B3 meeting. It was one of the last things I heard her say, "Take nothing for granted."

**Gaia Kile**
It is easy to remember Linda Diane as one of the pillars of Ann Arbor's alternative healing community stretching back to when that community was small. In that capacity she was a practitioner, a teacher, a publisher, and a leader. But she was also a community activist. In childhood she campaigned to save an open field from development. She rose in youth activism to the national level where she learned that power brought with it control that she wisely pulled away from. I worked with her on the board of our beloved food co-op, she served in that capacity for 10 years, but her involvement in the co-op preceded that term and continued after. I don't know the extent to her involvement in community and causes, but whenever I spoke to her about such matters she was informed and had thoughtful opinions. Ann Arbor has lost one of its great citizens.

**Cynthia Esseichick**
Many people know of Linda Diane Feldt as a remarkably gifted healer. She welcomed babies into the world, supported their mamas, and treated countless people of all ages, in all stages of health or dysfunction. Her skill-set ranged from hands-on healing, massage, craniosacral and polarity therapy, to herbal medicine, nutrition, and beyond.
Ethics mattered to Linda Diane. She wasn't afraid of controversy. Linda Diane volunteered tirelessly in support of the causes she believed in, advocating for her community, from local food to

pedestrian and bicycle safety, and cared deeply for her beloved husband Richard, her animals, and countless friends and clients. In addition to being a wise and skillful practitioner, Linda Diane loved to teach. She taught anyone who expressed interest or curiosity to learn from her, whether a lay person or seasoned professional. She was innately curious and open to exploring opposing or conflicting points of view, willing to understand complexity from multiple perspectives in true Aquarian fashion. She was a published author, led weed walks in local parks, taught classes sponsored by the co-op for many, many years, and in her home right up until the pandemic. More recently, and in spite of her health challenges, she expressed a desire to continue to mentor her advanced students on a limited basis. She was forever generous with her time and with her knowledge.

On a more personal note, Linda Diane was my first mentor and teacher. She introduced me to many perspectives on healing and curious things such as raw goat's milk, burdock pesto, and the magic of serviceberries (which fruit all over town). From the 1990s through March of 2020, I had the good fortune to study intimately with Linda Diane, always learning something new. I continue to use techniques she taught me over the decades in my daily practice, with amazing results. Linda Diane taught magic. I feel fortunate to have been able to catch a bit of it. Of course, I will always wish I had caught a bit more. A lot more. Thank you, Linda Diane, for your friendship, kindness, support, encouragement, healing, love, and wisdom.

May your legacy continue to touch the lives of all in our community.

Photo by Rachael Waring

**David M. Hall**
Thanks for sharing. I'm glad to understand your connection and that you were mentored by her. I appreciated learning from her, too, and got to know her working at the People's Co-op. We spoke a lot about the co-op with her knowledge and history and she expressed her concerns about the direction it was headed, being so involved for decades. It was an honor to set up and promote her classes we sponsored ~ she was a wealth of wisdom. Ann Arbor was blessed by her commitment to being of service to others' well-being.

**Vivienne Armentrout**
She was a true Ann Arborite. A graduate of Community High, and her father, Allan Feldt, was a UM planning professor and one-time Planning Commission member. He was very active in the community. Linda first became known to me as a practicing herbalist and promoter of local food and wild food foraging. I still have her book, which contains recipes for wild greens. She was also heavily involved with the People's Food Coop. Later she became an active transportation activist, supporting walking and bicycling. Even after a severe health crisis involving sepsis (which can often be fatal, and evidently nearly was), she obtained a recumbent bicycle and attempted to use it. She married Richard Conto in 2018 (after her illness) and all of her friends rejoiced in seeing her in her lovely wedding dress.https://www.facebook.com/ldfeldt She was a real original, and made so many different contributions to the essence of Ann Arbor.http://www.annarbor.com/.../wildcrafting-and-linda-diane.../

**Dan Ezekiel**
This is such sad news. Linda gifted so much creativity and lavished so much loving care to the community life of our town. Tears for those she leaves behind, we are poorer for her loss.

**Catherine Smith**
Such sad news. I knew Linda in Junior High and then later in the 80s/90s. She was an extraordinarily unique and authentic person. I always came away from our conversations with a new idea or perspective. My thoughts tonight are with her family and dear friends who face a terrible loss, as we all do. I'll be thinking of her laugh and smile.

**Carol Rose Kahn**
Barbara Feldt was an amazing woman, Linda did incredible work at Ozone House

**Stella Magdalen**
As her sister, I can tell you that she would have LOVED all this positive chat about her that seems to be happening all over. Her husband is Richard Conto.

**Elizabeth Gray**
Linda looms so large in Community High School memories - active politically, present in every meeting, a challenger to traditional practices in education, a thinker - the school became stronger with her contributions. Quintessential alternative seeker.

**Alandra Meade**
Linda was a birthing assistant for my Mom at my birth. Thank you Linda for all your help. Sending love to your family and loved ones.

**Vivienne Armentrout**
I was just remembering when she came to my garden and harvested purslane. I had a huge amount of that weed (considered a valuable food plant in some countries and high in omega-3). She did a comparative study of preparation in different forms and published it in the Ann Arbor News. http://www.annarbor.com/.../experiments-with-purslane/

**Annie Ritter**
Yes! I took a dog training class with her out at Country Kennel in Milan. She had such a wealth of knowledge about herbal health for dogs.

**Daniel A Rubenstein**
I did not know her, but, if anyone's interested, she was a prominent interview subject in the CHS documentary, "Welcome to Commie High." https://www.7cylinders.com/commie-high/

**Dale E Withers Peck**
Some may not know she was part of a State of Michigan Task Force for At Risk Children and Youth in the 1970s.

# LINDA DIANE FELDT

## Beloved Ann Arbor Healer

**Marge Eide**
So sorry to hear of Linda Diane Feldt's passing. She had a special healing spirit that she generously shared with those who needed it.

**Michael Myers**
This one's for Linda Diane Feldt who passed Saturday. May you dwell in beautiful, green places. I know you will. Thank you for the help you gave me when I was sick and down. You will be missed.

**Kimberly Kay**
Dear Linda Diane -- I will miss you. Your sage advice, the fact that you helped me out when I had no insurance and no job... you cared for me and took the time to put my body back into shape when no doctor would touch me without cash. You were a good friend, a woman with the biggest heart for humanity. Many babies also received your precious touch. The world is a better place because of you. Richard, my condolences. RIP

**Julie Frick**
So Sad. I've known Linda since she was 16 and worked at Ozone house. Our paths have crossed in multiple ways. She was a healer extraordinaire and a tireless advocate for things Ann Arbor. I will miss her and the sweet smile she gave me whenever we saw each other.

**Michelle Spurlock**
May the Wisdom and Magic she held in this life, live on in the hearts and minds of the people.

**Melissa Ellen Penn**
A friend for 40 years. An inspiration and a in-spiration. There is a hole in the field of Ann Arbor today, that will be quite hard to fill. Travel on dear sister.

**Courtney Klick**
I worked with her when I was 19 yo. In fact, she was the first herbalist I ever met and worked with. It was a huge turning point to finally meet someone who truly wished to heal and knew how to be well with others. So sad and a huge wake up call to start appreciating all of you incredible healers out there!

**Laura Ghiron**
Many of us lost a precious and devoted friend yesterday. Linda Diane Feldt and I began our friendship with her as my caregiver, helping me untangle why I was getting headaches in grad school on most days at 3 pm. We evolved into lifelong confidantes. And I feel robbed and bereft with the sudden loss of her in our lives. She was a true gift to humanity. An easy mentor and teacher. Utterly unassuming and non-judgmental. Always encouraging, always guiding us to be our very best selves. Steadfastly standing by and always at the ready with words of wisdom and candor. The world is darkened with her loss.

And yet the gifts she gave us all - whether healing, suggesting lifestyle or posture edits, gentle nudges towards productivity and power, fine healthy food, unflinching friendship, mothering support, community building and safety - all too countless to recant - will remain. Hers is a legacy of blessings, bestowed on the lucky. Bestowed on a town she loved with all her heart. We have lost an Ann Arbor institution and I have lost one of the dearest and most unique friends I will ever know and be graced to have had to accompany me on this amazing journey. Thank you for a life well-lived and so graciously shared with us, Linda Diane. I will always love and appreciate you and your many gifts.

**Tom Bowes**
It was through her that you and I met, Laura, and I, like you, deeply appreciate what she brought as a healer, mentor, and lifelong learner. The conversations that she and I had were boundless in their scope of exploration, and explore we did. From foraging for wild foods, organic gardening at her cabin, cooking, listening to her teaching at Crazy Wisdom, kayaking on the lake with Rex traversing between her kayak and mine, traveling to Sweden and Norway, catching Leonard Cohen's last tour, and sharing in our love of singing, just to name a few. It was painful for me to see her go from carrying sacks of concrete when we first met and were putting the benches in at the cabin, to her depleted physical state at the end, but through it all it

**Linda Diane Feldt and her husband Richard Conto on their wedding day in 2018.**

was her, it was her ever-shining and ever-generous spirit and profound love of her friends that best showed the marvelous person that she was. Like you I will miss her but will always be grateful for the wonderful folks that I got to meet because of being with her.

**Elizabeth Riggs**
Oh, Laura, I am so saddened to hear this news. Your words about Linda are beautiful. I will always picture her walking with her beloved Rhodesian ridgebacks. Hugs to you, my friend.

**Linda Benedict**
To live so well one becomes an institution…. Is to have lived larger than one's self. So many were blessed by knowing her and her gifts.

**Richard Conto, Linda Feldt's husband**
I had her in my life for just these past few short years. The depth of her friendships and relationships with so many people was a treasure - and the love she created is helping me.

**Melissa Taylor**
Is there a way we could come together to honor her and support each other? To share our mom and baby stories of healing and love?

**Beth Bailey Barbeau**
Such a loss for mothers and babies and all of us, so glad you got to experience her magic!

**Rita Benn**
Feeling sad that a pillar of our Ann Arbor holistic community who gave so generously of herself to educate and heal others, has passed. Humble, passionate, and larger than life, Linda Diane Feldt shared her incredible gifts with kindness, authenticity and integrity. Her passing marks the end of an era of our pioneer healers. We will miss you.

**Jessica Webster Sendra**
I've just learned that my friend Linda Diane Feldt has died. We met when she was writing a wonderful column about foraging, or wildcrafting as she called it, for the paper.
She was quirky, but/and if you were paying attention you could learn so much about what really matters in life. And what is that? It's kindness. Generosity. Love. I'll miss her a lot.

**Andie Sprague Lueken**
I know her, too. This is so sad. She used her "baby whispering" ways on Anna. Instant and complete game changer. I agree! Love is all that matters in the end. She was love on tap.

**Courtney Blake**
She was such an asset to the community. She performed cranial sacral therapy on Alice when she was a newborn. I will never forget her gentle presence. May she rest peacefully.

**Jenni Lane**
What a loss. When she taught health at Steiner and I worked at Planned Parenthood, she and I taught the sexual health unit together and it was a great experience. So many ways she enriched our community. I appreciate you sharing this sad news.

**Melissa Taylor**
Linda Diane, I love you so much.
Linda Diane created a legacy of healers. With practiced hands and what she described as a sort of synesthesia, she brought health to babies in the womb and worked the pain and dis-ease from our bodies...So special, so loving. Always wise and calm. And I have to share, she loved giving practical advice about my love life, and to hear how it was unfolding. Sometimes the kind that left me blushing but always the kind that left me less naive. Goddess energy to the nth. Sister and momma energy. My god LD, you will be missed.

**Melissa Taylor**
Linda Diane was like a mom, sister, guru, mentor, and life saver to me. Everyone said it was too late for my head injury (fused) but she helped me. I hope the love I gave her was enough to reciprocate.

**Angel Vanas**
Good journey, Linda Diane Feldt. May your trip across the rainbow bridge be beautiful. Thank you for saving my life!

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# Jewish Family Services—

Providing Services to Vulnerable Individuals and Families of All Faiths, Races, Ages, Incomes, and Abilities

By Sandor Slomovits

"When the Covid shutdowns started and Jewish Family Services of Washtenaw County was providing food for more people in the community [than before], JFS asked if we would make phone calls to clients and just kind of check in and see how they were, and did they need anything," said Phyllis Herzig. (Herzig is a member of JFS' Board and has had a close association with the non-profit social service agency since its founding in 1993.) "So, I made some calls, and I called this one woman, told her I was calling from JFS, and she started crying and went on to say how grateful she was…she was so lonely and JFS was showing that it cared."

Caring, in fact, is JFS' primary purpose. Its stated mission is, "to create solutions, promote dignity and inspire humanity." Over the past nearly three decades the agency has translated those lofty words into actions that, in 2020, benefited over 20,000 people in Washtenaw County. (That number included 18,500 people who received food assistance, nearly 400 who received mental health counseling, over 400 who received employment/career assistance, and over 1,000 older adults (and their caregivers) who received help with transportation, counseling, food deliveries and other services. 54 refugees were also resettled in this time period.) JFS, which was originally created with just two part-time employees, grew to a staff of about a hundred. In addition, in 2020 nearly 700 people volunteered at JFS in various ways.

When JFS was established nearly thirty years ago its intended purpose was to serve the county's Jewish residents. Its primary goal was to help resettle Jewish refugees arriving then from the former Soviet Union. (That latter focus had its roots in an older organization called the Soviet Jewry Absorption Committee. See sidebar.)

As JFS expanded over the years, its mission, and the clientele it served, changed, and expanded tremendously. The description on the agency's website reads, "Together, we are strengthening the community by providing comprehensive services to vulnerable individuals and families of all faiths, races, ages, incomes, and abilities throughout Washtenaw County." That wide variety of support and services includes transportation for the elderly and their caregivers, crisis intervention, resettlement and integration services for refugees and immigrants, teaching English as a second language, and through its employment and economic empowerment services, help educating people on issues around financing homes, cars, and educations. JFS provides food to those in need, including from a specialty food pantry stocked with halal, kosher, and gluten free foods, low sodium, low sugar, baby food and formula, and liquid nutrition. They also have therapists providing mental health counseling in four languages.

No one has played a bigger role in JFS' transformation than Anya Abramzon, the agency's first full-time employee who has been its executive director since 1997. I talked with her via Zoom and started out by jokingly asking her about her faintly Russian-tinged English.

**Slomovits:** Your accent tells me that you were not born in Michigan.

**Abramzon:** No. I was born in St. Petersburg, in Russia.
**Slomovits:** When did you come to the US?

**Abramzon:** In 1990.

**Slomovits:** So, you were in that group of people who inspired the creation of JFS.

**Abramzon:** Yes, absolutely.

**Slomovits:** How old were you then?

**Abramzon:** I was 20, 21 years old. I was finishing my studies at the university in St. Petersburg in history and law, and I came here with my first husband who was a refugee. I was not. So, I had to go through the entire process of applying for political asylum and understanding what it takes. It was a difficult process.

**Slomovits:** Why Ann Arbor?

**Abramzon:** We first came to Flint, to a very warm, welcoming, very family-like atmosphere.

**Slomovits:** Did you already speak English when you moved here?

**Abramzon:** My husband did. I did not.

**Slomovits:** I'm impressed.

**Abramzon:** I was able to sort of understand very simple things, but not at the level where I could converse.

**Slomovits:** What brought you to Ann Arbor?

Read more about Jewish Family Services and Anya Abramzon online.

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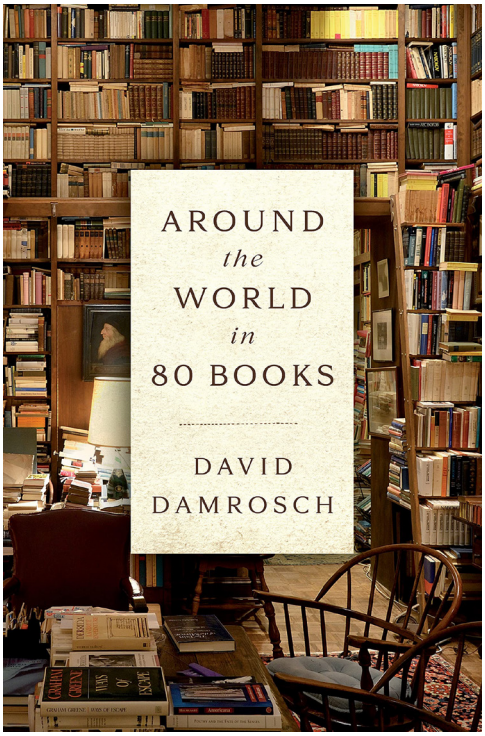
# Crazy Wisdom Book Pick of the Week




To chart the expansive landscape of world literature today, Damrosch explores how writers live in two very different worlds: the world of their personal experience and the world of books that have enabled great writers to give shape and meaning to their lives. In his literary cartography, Damrosch includes compelling contemporary works as well as perennial classics, hard-bitten crime fiction as well as haunting works of fantasy, and the formative tales that introduce us as children to the world we're entering. Taken together, these eighty titles offer us fresh perspective on enduring problems, from the social consequences of epidemics to the rising inequality that Thomas More designed Utopia to combat, as well as the patriarchal structures within and against which many of these books' heroines have to struggle—from the work of Murasaki Shikibu a millennium ago to Margaret Atwood today.

Around the World in 80 Books is a global invitation to look beyond ourselves and our surroundings, and to see our world and its literature in new ways.

Get your copy of *Around the World in 80 Books* at Crazy Wisdom Bookstore.

Deep Spring Center
for Meditation and Spiritual Inquiry

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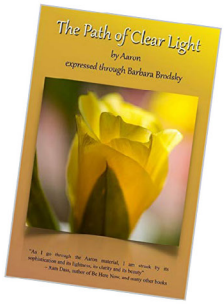


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# Crazy Wisdom Musician Spotlight With MARK JEWETT

By Michelle Wilbert

**How did you get into music?**

I think music first excited me when I saw the Beatles' first Ed Sullivan show appearance. I was 8 years old. I began playing trombone in my elementary school's music program when I was nine. Our band director/ music instructor was very enthusiastic and great with kids. I think I bought my first bass at fifteen.

**What are your favorite aspects of live performance?**

My favorite aspect of live performance is community, with fellow performers and with event organizers and listeners.

**What were you been doing during the pandemic? What are you focused on now?**

I was working on my latest record, " he Lucky One", when the pandemic arrived. When it arrived, I had to slow down the pace and, along with my collaborators, took a more patient approach with it. I finished the recording activities in May 2021 and released it in August 2021. Now I'm working on booking performances of the new songs.

**What is your guiding philosophy of life and art (music)?**

My guiding philosophy is "Listen (or watch), learn, and grow". I am strongly opposed to "waiting for a more convenient time" unless there are compelling reasons. Music makes it easier to live in the moment and I try to carry this practice over into other aspects of life.

https://www.youtube.com/watch?v=cO1s3iTKzbw

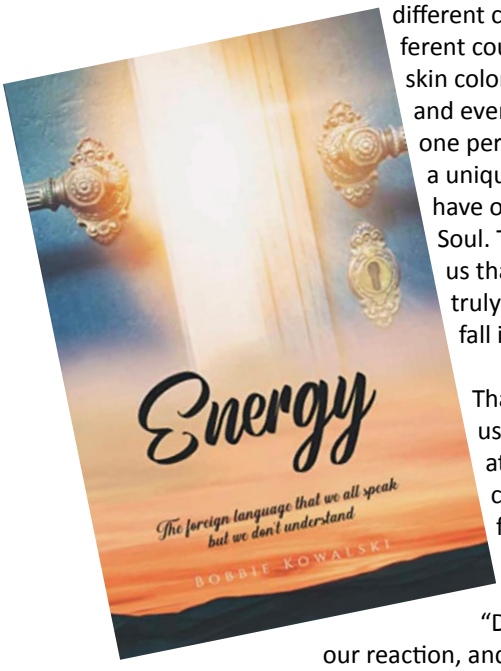
**Learn more at markjewett.com**

# 5 QUESTIONS FOR AUTHOR Bobbie Kowalski

**I love that you describe energy as a foreign language that we all speak but don't understand. Can you explain how you came up with this metaphor?**

When we go into a different country that we are not familiar with, and have not learned their language, we struggle to learn our way around their cities. We cannot read simple things like dinner menus or even signs along the side of the road to help us navigate from one point to another. Things can become very confusing and many times we look for guides who can accommodate us on our journey.

To me, life is this Journey—we all come here for a limited period of time—birth to death. From the time we are born, we are taught how to walk, how to talk, what to believe, and how to navigate around the beautiful planet we live on. We come from different cities, different states, different countries–we have different skin colors, different eye colors, and even different hair colors. No one person is alike. Everyone has a unique personality, yet we all have one thing in common—a Soul. The benevolent part of us that can take a lifetime to truly understand and learn to fall in love with.




That Soul in each one of us is trying to get our attention. It is trying to communicate with us. It finds many ways to get our attention. It will tap us on our shoulder with "Dis-Ease" reaching for our reaction, and if we are not listening, it taps louder. If we continually avoid the tapping it will then demand our attention and slow us down as we begin to manifest a "Disease." When we learn to slow down and pay attention, soon everything around us becomes those street signs we previously could not understand. Guides will show up along the way in many forms on our journey—from Angels, feathers, coins, to even something as simple as a friend or family member stepping in at the perfect time and helping us on our path.

**Why is it important to speak "Energy" Language?**

The importance of understanding this form of communication enables us to live life to its fullest. We were not put here to suffer or to have a life of pain and illness. We were not meant to be lacking—living in abundance is the answer. We are here to learn how to master this energy. We are way more than who we look at in the mirror each morning. We belong to a much broader and grander story with a family of light on the other side of the Veil trying to help us on our journey. If we can learn to listen to these signs, we will find we are able to slow down and pay closer attention. We can tap in and avoid stress that leads to illness and begin to flow with life. When you are in a flow state you are not working as hard to get where you want to be. You have a surplus of help everywhere you go. We can all better ourselves by realizing we are not walking this journey alone if we learn to open ourselves up and be sensitive to it. Spirit does not speak in linear sentences. Spirit speaks in ways you can sense or feel. This is what becomes your journey.

**You talk about a spiritual awakening after losing your dad to cancer. Can you talk a little about your transformation from who you were to who you are now?**

I was brought up in a Christian home with a rigid set of beliefs. My beliefs taught me at the end of my journey here on Earth, depending on how I lived my life—I would end up in Heaven or Hell. I knew all the stories of the Bible well as I went to a private school and lived a "good" life. Truly, I never thought much about it. I just lived day to day, working and concentrating on my career and raising a happy and healthy family.

Then, when I lost my father at his young age, it hit me square in the face. This is real and one day I am going to die. I just had to know where my father went. I was angry and hurt and no longer cared about money or my career…I was lost. I thought in the end what did it matter anyway if we just die? I started questioning everything. Why might God put his children on Earth and if the child made a mistake, it would potentially burn for eternity upon its death? I started thinking, I'm a mom and could never do that to one of my children. I began to study every religion I could, finding in their own ways, they are all teaching the same thing at the core. LOVE. I began to realize everything I thought I knew, I didn't. The fear I carried about death was what I lost through the death of my own father. What I learned was how to love. I learned I woke up to something that was bigger than me. Was going through a spiritual awakening easy? NO. I was terrified to know I was having to relearn everything and face many of my own personal demons. In the end, I found I had lost my fear and found Love. My journey is not over, and I continue to learn, but now I'm learning from a heartfelt place filled with love and I now have a relationship with God I wish I would have found many years ago. I found I learned just as much from my father from the

grave as I did when he *walked by my side. I know beyond a doubt he is still there guiding me. I can "feel" it.*

**What inspired you to write the book and share your journey with others?**

When you read the book, you will learn that many things happened at night. I would wake up feeling as if someone was by my bedside. I began to wake up in the mornings with "understandings" or messages that I just knew what I had to do next. One night I heard a voice in my head. It directed me to write this book. I was instructed to make it simple, so that anyone could understand. We are in the time of a global awakening and people will need to understand what they are going through. I had no clue when it happened to me. This awakening put me on a psychiatrist's bed for about a year. It does not need to be this way for everyone. God did not put us here to be afraid, he is giving us tools to help along the way. This book is a tool. It has been out less than a year and has already done more than I could have ever dreamed. Currently, I have had people from four countries find me on social media and reach out for insight. Many to let me know they are going through the same things I did. They just want to talk to someone who had been there and continues the journey. No one needs to feel alone going through an awakening. It is hard enough to relearn and grow, and it's good to know others are walking the same path. What inspires me is the chance to be part of the transformation, helping one another get through our difficult times.

**Will you describe what compassionate action might look like in an everyday situation?**

Compassionate action comes in many forms. I feel the one most forgotten or overlooked is the compassion of oneself. To look deep inside and forgive those things that we have done in the past and look toward the future. To start again each morning with surrender when we wake up and a sense of peace knowing we are in this human form and prone to mistakes—life happens, and it is okay.

Some examples that come to mind: the boss who runs a company and tries to make a difference in the work environment for the greater good of all. The friend who learns that another friend is down and chooses to lift one another up instead of leaving them to face challenges alone.

Compassionate action could be as simple as choosing your words to bring unity in times of political division and sharing love regardless of individual opinions. Our world is in a place right now where we need LOVE as much as the water we drink. People are searching for Love and kindness and will gravitate toward it. So, how will we show compassion? Simple! Smile, laugh, step away from negativity, and find joy. Bring joy to another's life and allow peace to begin the Energy flow in yours.

Learn more about Bobbi Kowalski visit her Facebook page @ Energybybobbiekowalski.

## Crazy Wisdom Poetry Series

**hosted by**
**Edward Morin, David Jibson,**
**and Lissa Perrin**

**Second and Fourth Wednesday**
**of each month, 7-9 p.m.**

**Until further notice, all sessions**
**are virtual and accessible through Zoom.**
**Email cwpoetrycircle@gmail.com for Zoom link**

**Second Wednesdays, 7-9 p.m.:** Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

**Fourth Wednesdays, 7-9 p.m.:** Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

# Featured Readers for December

**December 1 – Judith McCombs** grew up nomadic in a geodetic surveyor's family. Her poems appear in Poetry, Shenandoah, Nimrod, and in five books including The Habit of Fire: Poems Selected & New. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan and Maryland State Arts Councils.

**December 1 – Molly Spencer** has recent poems published in Blackbird, Los Angeles Review, and Prairie Schooner. She is the author of the poetry collections If the House, winner of the Brittingham Prize, and Hinge, winner of the Crab Orchard Open Competition. She teaches writing at the University of Michigan.

**Crazy Wisdom Poetry Circle**
https://cwcircle.poetry.blog/
The Poetry Series is open to all.
There is never a charge.

From Our Blog

# WHAT IS THE ANN ARBOR MENTALITY?

By Dion Pittman

I was born in Flint, Michigan in 1973. My grandfather's father and uncles worked for General Motors in Flint. Crime started to rise in the late '70s, so my mother opted for us to move to Ann Arbor.

In 1979 we relocated. Our first house was literally next to the "Big House," on the University of Michigan campus. I could open my front door and see the stadium from my porch. As a child, I would use the Big House as my playground. I can remember going into Yost Ice Arena and playing on the cement, which was normally ice for games. As children, we used to be able to walk right into the stadium and explore all the time. Whether running the football field or exploring underneath the bleachers, it was our clubhouse.

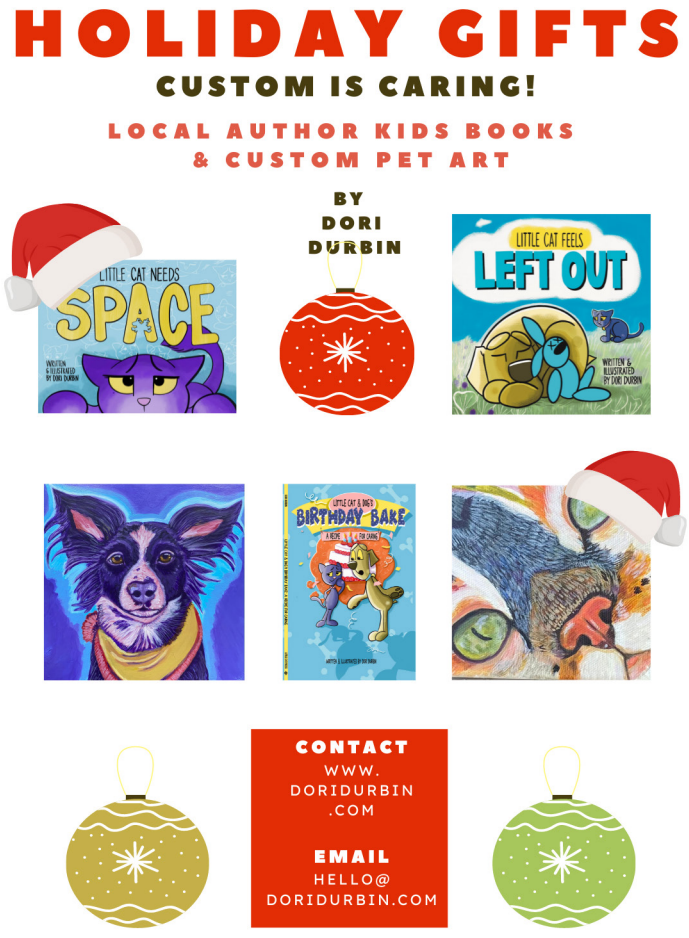
I attended Perry Nursery School, then Burns Park, and then Eberwhite Elementary School. I can remember always being taught the Martin Luther King theory—judge a man on his character, and not his color. This was embedded into to us at a very young age. This way of thinking really helped us navigate through our city. Literally growing up on campus, I witnessed students from all around the world rotate into my neighborhood/city every year. Every race, color, and creed. You name it, Ann Arbor was home for everybody. Every new school year we would watch new students come in. The revolving door of the student body was just a normal experience as an Ann Arbor youth.

In my youth, and into my teenage years, I was a big skateboarder. My teen years were spent at Community High School, still in the heart of the University of Michigan campus/ downtown. I always met or experienced amazing people/ conversations skateboarding through the Diag—the hub for residents and students. I can recall at times stopping by a tree in the Diag, where I would see a professor, some students, a homeless man or two, and an occasional hippie having debates on multiple topics. They would be intense at times, but always interesting. I loved how everyone respected the speaker and they would hold civil debates. This left such a strong impression on me. It showed me how to behave in circumstances where people didn't agree. It was respect for ideas/ideals at its finest.

Read more about the Ann Arbor Mentality Podcast!
To this day, I carry out these mantras everywhere I go—we call it the Ann Arbor Mentality. To hold a conversation with anyone, and to keep it civil, without profanity, or personal attacks. I truly believe Ann Arbor has always been ahead of the game. Whether it was race relations, community activism, or just plain inclusion. As a black man/child I never felt out of place here. This city is truly special and has a lot to show the world. The energy of the residents and students is truly amazing. I wouldn't trade my time growing up in Ann Arbor for the world. Those were the times, and lessons, that molded me into who I am today.

The Ann Arbor Mentality Podcast is a project my partner Ed Williams and I took on to show the world how we were raised. Especially now that the world is getting more unbalanced. We see too much division and not enough unity. We are now in our second season, and the podcast has really shined a light on Ann Arbor and its special energy. Yes, Ann Arbor is special, and our guests only confirm that. We are on all major platforms, and we just started our YouTube channel. We are always looking for new guests—people who have spent time in Ann Arbor during their lives. We love Ann Arbor, and that will never change! Go Blue!

*#AAMP Ann Arbor Mentality Podcast can be found on all major streaming platforms, including Apple Podcasts, Spotify, and Google Podcasts. Find them online at [facebook.com/Ann-Arbor-Mentality-Podcast-780521981999357](facebook.com/Ann-Arbor-Mentality-Podcast-780521981999357).*



# The Crazy Wisdom weekly Calendar

## Art Shows and Sales

**Colors & Moods of the Season Art Reception • Thursday, December 9 • 6 p.m.** • Collaborative Art Show at the Kerrytown Concert House. Six local artists are exhibited in this special holiday art show and sale. The exhibit offers a variety of works selected to provide many choices for holiday gift giving or a personal collection. Represented are works on paper, canvas, and panels; and a wide array of mediums including oils, acrylic, lino etch/lino cut, giclée print, pastel, watercolor, colored pencil and encaustic. The paintings are in various styles including abstract expressionism, impressionism, spiritual, mid-century modern, and figurative. The theme of the exhibit is a holiday celebration of color, texture, and joyous compositions from the collections of works by well-known local artists. For more information visit kerrytownconcerthouse.com/art-gallery.

**Holiday Art Exhibit and Sale • Friday, December 10 • 5:30 p.m.** • Collaborative Art Show and Sale at The Artist Studio & Gallery, 320 Miller St. For more information visit their Facebook page @ The-Studio-where-art-happens.

**St. Mary's Christmas Bazaar • Saturday, December 4 • 10 a.m - 4 p.m.** • Shop over 120 local artisans and crafters in one place! Located at 10601 Dexter Pinckney Rd. in Pinckney, MI.

## Art/Crafting

Mosaic Workshop - Make Your Own Cabinet Knob • Friday, December 17 • 2 p.m. • Need a gift to give from your heart? Want to make your own cabinet knob? Just want to learn a bit about mosaics? This workshop is for YOU! Whether you are a beginner or have mosaic experience you will come away with a small piece of art and big satisfaction.

You will be supplied with one cabinet knob finding (more - $15 each), adhesive, and some supporting colored stones will be supplied. (class size limited to 8)
What you will need:
A favorite stone/bead or two (no larger than 3/4" in width, height and depth each);
Art tweezers; Nippers (Ace Hardware or Lowes)
Learn more and register at wasenthasmosaics.com.

## Book Discussion Goups

**Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: December 13 • 7 – 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist– related book selections with our community. All are welcome. $Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734–994–3387. For more information, visit www.jewelheart.org.

**A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m.** • Read and discuss A Course in Miracles via Zoom. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

**A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m.** • Read and discuss A Course in Miracles. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

**Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 –December 29 • 6:30 – 8 p.m.** • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. $Free. Contact info@theharmonycollective.org or theharmonycollective.org.

## Buddhism

**Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly Sundays, through December 26 • 11 a.m.** • Enjoy one–hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated hour discussion after the talk. $Free, but donations are welcome. Contact 734–994–3387 or email programs@jewelheart.org. To register, visit jewelheart.org/free–weekly–virtual–programs. For more information, visit www.jewelheart.org..

**Buddhism Practical Buddhism by Gelek Rimpoche with Gelek Rimpoche • Weekly Tuesdays from 7 to 8:30 p.m. through Dec. 28, 2021 • 7:00p.m.** • Practical Buddhism by Gelek Rimpoche offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors will follow each session. Free/Donations are welcome. Contact
To register, go to the Jewel Heart website at jewelheart.org/, scroll down, and select this program. For more information, call 734–994–3387 or email programs@jewelheart.org.

## Ceremonies, Celebrations, and Rituals

**Winter Solstice Celebration • Saturday, December 18 • 5p.m.** • Join Courtney and Victoria at Verapose Yoga & Meditation House for this opportunity to welcome the Winter Season! Celebrated by ancient civilizations for thousands of years, we too are marking this sacred time through movement, sound and a cacao ceremony. Join us for this heart-expanding experience! Group size limited to 12 participants.

**Sacred Cacao Ceremony with Victoria Schon • Saturday December 18 • 6 – 7:15 p.m.** • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation in a backdrop of sacred sound, our soul is nourished, and we experience a heart opening. It is a time for deep inner–reflection and connection with community. $35. Contact Victoria Schon at victoria@veraposeyoga.com.

**Winter Solstice with Alicia Clark Teper • Tuesday, December 21 • 7 – 9 p.m.** • Bring in the Winter Solstice with a night of self–care. Using a combination of breathwork, grounding, sound, yin yoga, astrology, meditation, crystals, intuitive tarot and Reiki. $44. Contact Alicia ClarkTeper at 734–945–5396 or sacredlotusexperience@yahoo.com; www.sacredlotusexperience.com.

## Channeling

**Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesday: December 14 (Christmas stories) • 7 – 9 p.m.** • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: $10– $35. Contact 734–477–5848; om@deepspring.org or deepspring.org.

## Children and Young Adults

**Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – December 26 • 1 – 2 p.m.** • Spiritual discovery for young people on Zoom. Details on web site. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

## Cohousing

**Cohousing Tours with Cohousing Tour Leaders • Sundays, September 5 – December 26 • 2 - 4 p.m.** • Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr. $Free. Contact 734-274– 9110 or info@natureandnurtureseeds.com; natureandnurtureseeds.com.

## Dance and Movement

**Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m.** • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

**Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 - 10 a.m.** • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi, pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

**Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m.** • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

## Death and Dying

**Ann Arbor Death Café ONLINE with Merilynne Rush and Diana Cramer • Monthly, Third Saturdays: November 29, December 18 • 10:30 a.m. - 12 p.m.•** At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. $Free. To receive the link, please send us your email. Contact Merilynne Rush at 734-395-9660 or msh.rush@gmail.com; thedyingyear.org.

**Death Cafe ONLINE with Annie Kopko and Susan Thompson • Monthly, first Tuesdays: December 7 • 6:30 – 8:30 p.m.** • Discussion of Death and Dying. $Free, but donations gratefully accepted. Contact Andrea at andrea.shaw@interfaithspirit.org; www.interfaithspirit.org.

## Energy Healing

**Healing Touch Foundations Class (Level 1) • Saturday, December 11 • 8 a.m. •** This two-day class runs from 8 am - 6 pm on Dec. 11 and Dec. 12, 2021. Learn Healing Touch techniques along with an understanding of how they interface with the human biofield. Great for use with family, friends, and for self-care. Can help with physical and emotional pain, headaches, depression, and more. Held at Healing Touch Center, Farmington Hills, MI.

## Festivals and Fairs

**Winter Festival with Rudolf Steiner School of Ann Arbor • Saturday, December 11 • 9 a.m. – 3 p.m. •** All are invited to celebrate our 41st annual Winter Festival. With music, puppet theater, children's activities, and crafts, this event is one for the entire family! VIRTUAL again this year. Visit SteinerSchool.org for more information or cstandke@steinerschool.org.

## Health & Wellness

**Yomassage • Sundays, 2 p.m.– 4:30 p.m. •** Weekly Self Care Sundays! Indulge in a transformative experience that nourishes your mind, body, and soul. Each Yomassage session begins with a five minute breathing ritual, or a unique themed meditation that helps ground you in the present moment. You'll let your concerns float away as you're guided through a series of six restorative stretches while a Yomassage therapist provides therapeutic massage and guided meditation. Throughout the session, you'll allow your body to move into the deepest state of relaxation you have ever experienced and ignite the mind-body connection through therapeutic touch, restorative stretch, and mindfulness meditation. All Signature Yomassage sessions are led by our licensed massage therapist certified in Yomassage. Sessions available at 2pm and 4:30pm every Sunday. Register online at ashelmmassage.abmp.com.

## Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sunday: December 5 • 9 a.m. – 12 p.m. •** The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability—as well as a whole new level or mental clarity and spiritual openness. $15. Contact Violeta Viviano at mvaviviano@gmail.com or 734–476–1513; psychicpsychology.org.

**Psychic Psychology Women's Group – Teleconference with John Friedlander • Monthly, first Tuesdays: December 7 • 7 – 9 p.m. •** For women only. Meditations will concentrate on women's issues relative to biological energies as well as that of the aura. $12.50. Contact Violeta Viviano at mvaviviano@gmail.com or 734–476–1513; ppsychicpsychology.org.


Shop local!

Come visit our booths at

ST. MARY 40th ANNUAL CHRISTMAS BAZAAR

DATE: Saturday, December 4th
TIME: 10 A.M. - 4 P.M.
PLACE: St. Mary Catholic Church
10601 Dexter Pinckney Road,
Pinckney, Michigan

www.etsy.com/shop/jennifercarson

www.evangelinesemporium.shop

## Meditation

**Meditation and Discussion with Ann Arbor KTC• Weekly on Wednesday • 7 p.m.** •Weekly Wednesday evenings. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Free; donations accepted. For questions please contact Caitlyn at cdbuchanan325@gmail.com. Learn more at annarborktc.org.

**White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays through December 26 • 9:30 – 10:40 a.m.** • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. $Free, but donations are welcome. To register, visit jewelheart.org/free– weekly–virtual– programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

**Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m.** • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. $Free, but donations are welcome. To register, visit jewelheart.org/free–weekly–virtual–programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

**Gratitude, Giving, and the Holidays: Processing Grief on the Labyrinth ONLINE with Rob Meyer–Kukan • Monthly September-December: Third Wednesdays at 7 - 8 a.m. and last Sundays at 7 - 8 p.m.** • Join Veriditas-trained Labyrinth Facilitator, Rob Meyer–Kukan for this opportunity to quiet your mind, to release, receive, and return from the comfort of your home or office. Register at facebook.com/robmeyerkukan/events. $Free, but donations accepted gratefully at paypal.me/robmk. Need a handheld/finger labyrinth? Simply indicate that on your registration form. For more information, contact Rob Meyer–Kukan at 248–962–5475 or rob@robmeyerkukan.com; 7notesnaturalhealth.com/events.

**Yiquan + Inner Smile ONLINE with Steven Sy • Weekly Wednesdays: December 1, 8, 15, 22, 29 • 7:30 – 8:45 a.m.** • It consists of a standing meditation (Yiquan) and a seated meditation (Inner Smile). No familiarity with these is assumed prior to enrollment. The purpose of these sessions is practice. While there is guided instruction of the actual practice, it is mostly non instructional. Repetition of the practice over the 9 Wednesdays serves to help one to learn the practice, as well as establish a practice habit. $99. Contact Steven Sy at 517–295–3477 or steven@spiritualtao.com; spiritualtaoworkshops.com.

## Mindfulness

**Days of Mindfulness with Esther Kennedy • Monthly Saturdays: November 20, December 11 • 10 a.m. – 2:30 p.m.** • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. $35 (includes lunch). Contact Weber Center 517–266–4000; webercenter.org.

## Music, Sound, and Voice

**Sound Bath ONLINE with Rob Meyer– Kukan • Monthly first Sundays: December 5 • 7 – 7:15 p.m.** • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer–Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. A link will be posted on my Facebook timeline when the video is live. $FREE, but donations gratefully accepted at paypal.me/robmk. Contact Rob Meyer–Kukan at 248–962–5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

**Sacred Sound Journey with Victoria Schon • Mainly Saturdays: November 27 • 6:30 – 7:45 p.m.** • This is a non–invasive complementary healing modality that provides an environment of sound, tone and vibration to create harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. $40. Contact victoria@veraposeyoga.com; veraposeyoga.com/events.

**Holiday Sacred Sound Journey with Victoria Schon • Mainly Saturday December 12 • 4 p.m.** • As our calendars fill up with family and company events, shopping, cooking and preparing, a Sacred Sound Journey is a wonderful opportunity to de-stress and practice self-care. We'll begin with a relaxing guided breath and meditation practice, followed by soothing crystal singing bowls, Tibetan singing bowls and a gentle gong bath. You will come away feeling relaxed, refreshed, nourished and heart wide-open for your loved ones and yourself! Learn more at victoriaschon.com/event-calendar

**Singing for Comfort with various leaders ONLINE • Monthly, second Thursdays: December 9 • 7 – 8:30 p.m.** • Take some time away from life's stresses with an evening of peaceful, comforting singing. Layla Ananda will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. $Free, but donations gratefully accepted. Visit events at interfaithspirit.org.

## Personal Growth

**Heart Centered Community Connection with Rachel Egherman • Weekly Thursdays • 4:30 – 5:30 p.m.** • Learn HeartMath and other Heart Centered practices for building resilience physically, mentally, emotionally and spiritually. Great for stress management. $10 donation suggested, but not required. Contact Rachel Egherman at tellrachel123@gmail.com; celebratedheart.com.

**Evolving Your Doula Business Workshop with Patty Brennan • Saturday, December 11 • 8:30 a.m. – 5 p.m.** • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! $247. Contact Patty Brennan at 734–663–1523 or patty@lifespandoulas.com or lifespandoulas.com.

## Shamanism

**Shamanic Healing for Animals: Level II ONLINE with Judy Liu Ramsey • Weekly Tuesdays: November 30 to January 11, 2022 • 7 – 9 p.m.** • This class deepens your relationship to animals and their healing within the context of working with their ancestors and the elements. Psychopomp with animals will be covered in depth. Prerequisite: Shamanic Healing for Animals I. The class is taught via ZOOM. $280 if paid by November 15; $320 if paid after. $125 for repeat students. Visit judyramsey.net.

## Spiritual Development

**Interfaith Sunday Service with Interfaith Center for Spiritual Growth • Weekly Sundays: September 12 – December 26 • 10:45 a.m. – 12:15 p.m.** • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but all donations gratefully accepted. Visit interfaithspirit.org.

**Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m.** • Explore metaphysics via Zoom. $Free, but donations gratefully accepted. Visit interfaithspirit. org.

## Tai Chi, Martial Arts, and Self Defense

**Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times** • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

**Chen Tai Chi Chuan with Joe Walters • Through December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 a.m.** • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. $Free. Visit annarbortaichi.com.

**Adult Martial Arts • Weekly Mondays and Wednesdays: through December 16 • 7:45 – 8:15 p.m.** • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. $100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

**Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times** • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

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ramsey.judy003@yahoo.com
https://JudyRamsey.net

## Writing and Poetry

**Crazy Wisdom Featured Readers ONLINE with Judith McCombs • Monthly, Wednesday December 1 • 7– 9 p.m** • Featured Reader(s) for 50 minutes. Open mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign– up begins at 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. **For Decembers featured readers see ad on previous page.**

## Writing and Poetry, continued

**December Book Teaser and Holiday Party with Write on Organizers • Wednesday, December 8 • 6 – 8 p.m. •** Our members are busy bees! Come meet our members and hear new stories that have been published by authors in our group. Get a copy of their books to gift for the holidays. More about the event on meetup. $5. Details at meetup.com/Write–On–Ann–Arbor.

## Yoga

**Virtual Yoga Classes with Imagine Fitness •** Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

**Vinyasa Yoga at Free-To-Be Studio with Austeen Freeman • September – December Weekly: Mondays, 6 – 7 p.m. and Thursdays, 6:30 – 7:30 pm. •** A hatha style vinyasa flow-based class. This 60-minute class will encompass poses that will coax balance, strength, and flexibility in your practice. Prior yoga experience/knowledge is recommended for this class. We are an Adrian sanctuary dedicated to empowerment! Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

**Yin Yoga with Austeen Freeman • September – December, Weekly Mondays • 7:15 - 8:15 p.m. • T**he queen of yoga. Yin targets the joints flexibility in our bodies. We move through 4-7 different poses during a class period, holding each position for long amounts of time (3-7 minutes). If you have your own props like blankets, blocks or bolsters, please bring them. This class is perfect for all abilities. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com**.**

**Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype •** Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

**Yoga Essentials with Michele Bond • September - December • Weekly Tuesdays, 6 – 7:30 p.m**. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. $15 if registered for the semester; $20 drop in with instructor's permission. Contact Michele Bond at 734-358– 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

**Yoga for Athletes with Michele Bond • September - December • Weekly Wednesdays, 6 – 7:30 p.m. •** Our cutting-edge method will bring balanced muscular action, power, lightness and spring to your sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. $15 if registered for the semester; $20 drop in with instructor's permission. Contact Michele Bond at 734-358– 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

**Tender Yoga with Austeen Freeman • September – December, Weekly Wednesdays • 7:15 - 8:15 p.m. •** An intentional yoga class dedicated to ease. Expect candlelight, restorative poses, and soothing positions for the body. A slower paced class. We will move through a grounded practice with just a few standing poses. If you have your own props like blankets, blocks or bolsters, please bring them. Great for all levels. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com**.**

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# Crazy Wisdom's Buy Local Holiday Gift Guide

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## Metal Artist

# Cherie Haney

https://www.artandelement.com
cherie@artandelement.com
4508 Pleasant Lake Rd
Ann Arbor, MI 48103
734-904-3780
(studio is open for local visits by appointment)

Cherie is a metal artist who creates abstract works representing shapes and textures from nature including water ripples, spirals, leaves, and eggs.

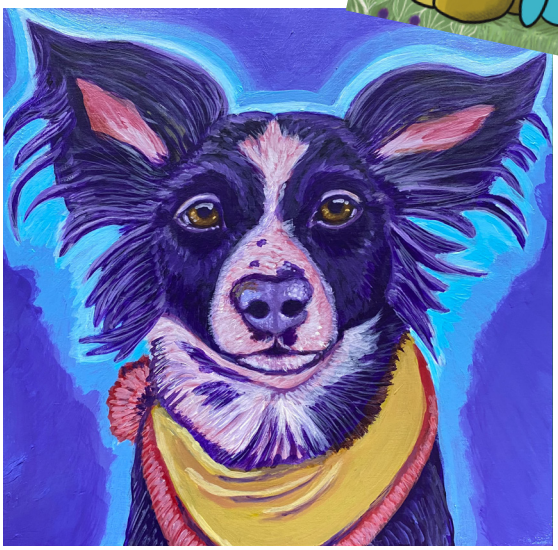
Mixed media elements add colors of earth and water. "My work draws from the balance of opposing forces coming together to form a harmonious whole. I aim to achieve bold, expressive lines that create patterns, each patterned layer working in contrast, struggling to set itself apart yet finding completion within the whole." Cherie gets her inspiration from spending time close to nature, biking through the woods, and observing the combination of art deco craftsmanship and urban decay in and around Detroit.

Cherie draws her original patterns and then digitizes them so she can use a hydro-abrasive cutter to intricately cut each image into metal. The metal is then surfaced by hand for a satin reflective sheen and/or patinated with acids to create unique colors and textural enhancements. Various elements are then layered and spaced apart using hardware or welding techniques. Each work has two to four layers. The surface of each layer is developed to create contrast and set it apart from the next layer, while remaining aesthetically united. Cherie uses elements such as copper, leather, and other media in the background surfaces to achieve this effect.

# Children's Author and Illustrator

## Dori Durbin

https://www.doridurbin.com
artsybarncat@gmail.com



Dori is a whimsical acrylic pet portrait artist and a twice self-published Children's Book Author and Illustrator.

The use of bright colors and defined lines creates an almost pop-art playfulness to many of her pet portraits. "Most clients purchase pet art for very emotional reasons. They want to capture the energetic, quirky, and affectionate personalities of their pets . . . characteristics like a mischievous spark in the eyes and a side cocked head. Pets are family. It's the fun memories that clients want to hold on to." While clients purchase original canvas or woodblock art, some also opt for printed pillows and other home items of their pets. Between having clients' pet photos and living most of her life in rural Lenawee County, Dori has her own "herd of crazy cats" for inspiration.

Whimsy is also a part of Dori's Children's Books and illustration. "I have always loved to write, draw, and read children's picture books! I am a self-taught artist, but I have taken multiple courses and try to conscientiously observe what other children's artists do. I really love envisioning what humor, whimsy, and depth I can pull from the text and add to a book." Dori's process for acrylics and illustration are similar. Using real photos as reference, she sketches and re-sketches the images, creates base layers of color, then still by hand (or Ipad for illustrations), she adds details, and finally the texture. "It is a pure joy to see a client (or child) reading, laughing, or emotionally touched by your art. That's inspiration enough!"

You can visit Dori in person at the Adrian Center for the Arts Holiday Art Market on the Planewave campus at 1375 N. Adrian Hwy. in Adrian, Michigan December 4th through the 23rd. Learn more on the ACA website.

# Printmaker

## Mary K. Getz

http://amessofphotosart.com
amessofphotosart@gmail.com

Mary K. Getz makes custom prints of your home as well as original prints on greeting cards, textiles, and digital downloads for your own craft-making needs.

The name of her shop, a.mess.of.photos, comes from a time when her life was much more messy and complicated and photography was her main passion. She still feels the name is an accurate description of who she is as a person: creative and messy.

Printmaking is a messy process for her and that's what draws her in. It forces Mary to embrace, and find strategies to mitigate, the mess and her need for control.

Mary's art is mostly about the little things in life that make her happy. It's also about the process: getting in the zone, escaping the stress of living with chronic mental/physical illness, and the joy of a completed idea. She hopes her art brings you a little joy, distraction, and maybe a laugh or two!

You can find Mary at the Ann Arbor Public Library's Tiny Expo on December 11th.

[Find out more about Tiny Expo here.]

# Shepherdess

## Bridget Kavanagh,

https://www.michiganmerinos.com
Happy Goat Lucky Ewe Fiber Farm & Michigan Merinos
2672 Dobie Road
Mason, MI 48854
Call 517-927-9368 to make an appointment where you can shop and even see the sheep.

Happy Goat Lucky Ewe & Michigan Merinos is a combined wool and mohair fiber farm in the mid-Michigan area providing merino wool hats and socks along with up-cycled sweater mittens (the cuffs are from our sheep), hand dyed merino wool yarn, handspun yarn with mohair in it, mohair, and wool dyed locks for crafters, eco-friendly woolen dryer balls and much more! All from their 50 ewe flock or merino and crossbred sheep and angora goats.

Their on-farm wool shop is open by appointment during the holidays. Look for their products at the Sunday Market, Detroit Eastern Market; The Local Farm Alliance in Mason, Williamston, & Lansing; and at the Village of Ashley's Country Christmas in conjunction with the North Pole Express out of Owosso, MI.

# Aura Portraits

## Michelle McLemore

www.michellemclemore.com
energy@michellemclemore.com

Michelle McLemore offers acrylic or pastel artist rendition of someone's personalized life reading. The reading is done during a 15-20 minute stress-relief energy session done either in person or remotely. A typed explanation of the reading will accompany the art piece. The readings usually bring in both prior and current life patterns and messages. The number of images per piece will vary based on the client's reading. Some collages incorporate can include 20 symbols, while others are closer to five.

# Epoxy Jewelry and Gifts

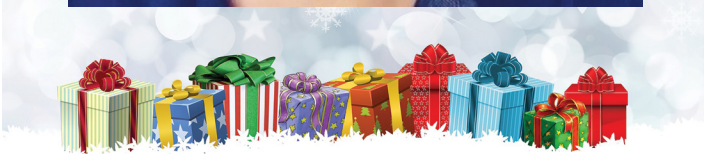
## Heather Kullhanek

www.evangelinesemporium.shop
heather@evangelinesemporium.shop

Heather is a commercial embroidery artist by trade. Over the years she has enjoyed lots of crafting, including painting, crochet, and now working with epoxy.

She loves the variety of creativity that can be used in this art form, like creating jewelry, ornaments, bookmarks, keychains, suncatchers ,and more. There is no end to the colors and bling that can be incorporated into her art. Encouraged by friends, family ,and customers who have bought her handcrafts, she opened an online store where she hopes to include her embroidery art and other art pieces on her website soon.

You can visit her website Evangelinesemporium.shop (named for her great grandmother who was also an artist)



*When you do things from your soul,*
*you feel a river moving in you, a joy.*

—Rumi